

# Farming at Home: Sprout your Spices

We cook with seeds all the time!

Watch how a seed begins to sprout with some simple kitchen tools.

## Materials:

- Seeds (from your pantry, spice rack, etc.)
- Paper towel
- Clear container (jar or tupperware)

## Step 1: Find Seeds

Suggestions:

*From your spice rack*

- Poppy seeds
- Dill seed
- Coriander
- Mustard
- Anise

*From your pantry*

- Dried beans
- Dried corn
- Dried lentils



## Step 2: Set up container

Wet a paper towel. Squeeze out excess water.

If using a flat tupperware, lay paper towel out, with seeds on top.

If using a jar, or taller tupperware, crumple paper towel inside, and nestle the seeds between the container and paper towel.



## Step 3: Monitor

Cover loosely and put the container in a sunny spot.

Check daily to make sure the paper towel is still damp, and to see if your seeds have started to sprout.

